

CHEESE, MOZZARELLA LOW MOISTURE PART SKIM

for use in the USDA Household
Commodity Food Distribution Programs

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Product Description

Mozzarella cheese is made from pasteurized part skim cow's milk. Mozzarella has a mild flavor and easily melts when cooked.

Pack/Yield

- Low moisture part skim mozzarella cheese is packed in a 1 pound package, which is about 16 servings (1 ounce each).
- One pound yields about 4 cups shredded cheese OR about 2 cups cubed cheese.

Storage

- Refrigerate cheese in the original container until ready to use.
- Once opened re-wrap cheese tightly in plastic wrap, or store it in an air tight container not made from metal.
- Look at the "Best if used by" or "Best by" date on the package.
- For further guidance on how to store and maintain USDA foods, please visit the FDD Web site at:
<http://www.fns.usda.gov/fdd/facts/biubguidance.htm>

Uses and Tips

- Use in cooked dishes such as lasagna and pizza, combination dishes, or breads.
- Serve mozzarella cheese as is in sandwiches, wraps, or with fruit.



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- Use as a garnish for vegetable or fruit salads.
- Melt on toast for an easy snack.
- When using as a topping on soups or hot dishes, remove the dish from the heat and then stir in the cheese until melted.

Nutrition Information

- 1 ounce of mozzarella cheese counts as 1 ounce in the MyPyramid.gov Milk Group. For a 2,000 calorie diet, the daily recommendation is about 3 cups of milk and milk products.
- 1 ounce of mozzarella cheese has 21% of the daily recommended amount of calcium.

Nutrition Facts

Serving size 1 ounce (28g)

Low Moisture Part Skim Mozzarella Cheese

Amount Per Serving

Calories	90	Fat Cal	50
% Daily Value*			
Total Fat	6g		9 %
Saturated Fat	4 g		20 %
Trans Fat	0g		
Cholesterol	15 mg		5 %
Sodium	185 mg		8 %
Total Carbohydrate	1 g		0 %
Dietary Fiber	0 g		0 %
Protein	7 g		
Vitamin A	4 %	Vitamin C	0%
Calcium	21 %	Iron	0%

*Percent Daily Values are based on a 2,000 calorie diet.

Tuna Melt

½ loaf French bread (or whole wheat bread)
¼ cup low fat mayonnaise
½ onion, chopped
½ can (about 6 ounces) tuna, drained
1 cup mozzarella cheese, shredded

1. Preheat oven to 350 degrees F.
2. In a mixing bowl add onion, tuna, mozzarella cheese, and mayonnaise. Mix well.
3. Spread tuna mix on slices of French bread (or whole wheat bread) to make a sandwich. Place sandwiches on cookie sheet.
4. Bake in preheated oven for 10 minutes.

Recipe adapted from Allrecipes.com

Makes 4 servings

Nutrition Information for 1 Tuna Melt sandwich:

Calories	356	Cholesterol	33 mg	Sugar	3 g	Calcium	241 mg
Calories from Fat	108	Sodium	781 mg	Protein	25 g	Iron	2.8 mg
Total Fat	12 g	Total Carbohydrate	36 g	Vitamin A	59 RE		
Saturated Fat	4.7 g	Dietary Fiber	1.7 g	Vitamin C	1.6 mg		

Beef and Rice Medley

1 pound ground beef
½ cup onion, diced
2 ½ cups water
1 cup uncooked rice
1 cube beef bouillon (if you like)
½ teaspoon ground black pepper
2 cups fresh tomatoes, chopped (or 1 can diced tomatoes)
1 cup green bell peppers, chopped
½ package (about 8 ounce) mozzarella cheese

1. Place ground beef and onion in a large, deep skillet. Cook over medium high heat until evenly brown.
2. Drain excess fat.
3. Stir in water, rice, and black pepper. If using beef bouillon, add that too. Cook over low heat for 25 to 30 minutes, or until water is gone.
4. Stir in diced tomatoes and green peppers and cook for 10 more minutes, until green peppers are tender.
5. Sprinkle top with cheese.

Makes 4 servings

Recipe adapted from Allrecipes.com

Nutrition Information for each serving of Beef and Rice Medley:

Calories	590	Cholesterol	107 mg	Sugar	4.5 g	Calcium	469 mg
Calories from fat	222	Sodium	388 mg	Protein	43 g	Iron	5.1 mg
Total Fat	25 g	Total Carbohydrate	46 g	Vitamin A	177 RE		
Saturated Fat	12.2 g	Dietary Fiber	2.7 g	Vitamin C	43 mg		

These recipes, presented to you by USDA, have not been tested or standardized.

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